

Outlines of PADI Open Water Diver Course

Training Dives

Open Water Dive One

Briefing
Equipment preparation
Don and adjust equipment
Pre-dive safety check
Entry
Buoyancy/weight check
Controlled descent (max. depth 12m/40ft)
Underwater exploration
Ascent
Exit
Debrief and log dive

Open Water Dive Two

Briefing
Equipment preparation
Don and adjust equipment
Pre-dive safety check
Entry
Buoyancy/weight check
(Cramp removal, self and buddy)*
(25 metre/yard tired diver tow)*
(Snorkel/regulator exchange)*
Controlled descent (max. depth 12m/40ft)
Buoyancy control – fin pivot, low pressure inflator
Partial and complete mask flood and clear
Regulator recovery and clearing
Alternate air source use stationary and AAS assisted ascent
Underwater exploration and buoyancy control
Ascent
(Weight removal at surface)*
Exit
Debrief and log dive

Open Water Dive Three

Briefing
Equipment preparation
Don and adjust equipment
Pre-dive safety check
Entry
Buoyancy/weight check
(50 metre/yard straight line surface swim with compass)*
Free descent with reference to 6-9m/20-30ft (max. depth 18m/60ft)
Buoyancy control – neutral buoyancy on bottom, fin pivot oral
Complete mask flood and clear (CESA)*
Buddy breathing – stationary and ascent from 6-9m/20-30ft (optional)
Underwater exploration
Ascent
(Remove and replace weight system at surface)*
(Remove and replace scuba unit at surface)*
Exit
Debrief and log dive

Open Water Dive Four

Briefing
Equipment preparation
Don and adjust equipment
Pre-dive safety check
Entry
Buoyancy/weight check
Free descent without reference no deeper than 18m/60ft
Buoyancy control – hovering
Mask removal, replacement and clearing
(Underwater navigation with compass)*
Underwater exploration
Ascent
Exit
Debrief and log dive

Optional Skin Dive

Briefing
Equipment preparation
Suiting up
Equipment inspection
Entry
Buoyancy/weight check
Surface swim
Surface dives and underwater swimming
Displacement snorkel clear
Underwater exploration
Exit
Debrief and log dive

** Dive Flexible Skill – recommended sequencing as shown, but may be conducted in Open Water Dive Two, Three or Four at the instructor's discretion and based on logistics. See page 3-7 of this guide for details.*